

# October 2011

Emmitsburg Senior Center 301-600-6350

<i><b>Mondays</b></i>	<i><b>Tuesdays</b></i>	<i><b>Wednesdays</b></i>	<i><b>Thursdays</b></i>	<i><b>Fridays</b></i>	<i><b>Saturdays Sundays</b></i>
Ask Nurse Steve: Forgetfulness					1
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3 Cards & Games 10 am Bowlers meet @ 12:15	4 S.Training @ 10 am Wii Bowling @ 10 Cards/puzzles	5 Elder Expo - Frederick Fairgrounds center closed	6 S. Training @ 10am Pinochle @ 12:30	7 Nutrition Minute Canasta & Games @ 12:30pm	8
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10 Columbus Day CENTERS CLOSED	11 S. Training @ 10am Wii Bowling @ 11	12 Quigong w/Gwen 10 500 & Bridge @ 12:30pm	13 S. Training @ 10am Pinochle @ 12:30pm	14 MLK & FDR TRIP Canasta ?Games @12:30pm	15
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17 Cards & Games @ 10 Bowlers meet @ 12:15	18 S. Training @ 10am Wii Bowling @ 11 Nurse Steve /BPS	19 Quigong w/Gwen 10 Bingo ( Think Fall ) @ 12:30pm	20 S. Training @ 10 am Pinochle @ 12:30 pm	21 Goddard/NASA trip Canasta /Games @ 12:30pm	22
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24 Cards & Games @ 10 Bowlers meet @ 12:15	25 Strength Training @ 10 Wii Bowling @ 11	26 Quigong w/ Gwen 10 500 & Bridge 12:30 CARD PARTY 7pm	27 S. Training @ 10 am Pinochle @ 12:30 pm	28 PIZZA PARTY and HAY RIDE @ 6pm	29
					30
31 Cards & Games		Quigong is Energy Healing			